Is this more Bodybuilding,Strongwoman training,or Powerlifting or Strengthtreaining or Strength& Conditioning)?

Based on the structure and content of your routine, it's best classified as **Strength & Conditioning with Strongwoman elements**, not pure bodybuilding or powerlifting.

Why It's Not Pure Bodybuilding

Bodybuilding emphasizes moderate loads (65-80% 1RM), higher rep ranges (8-15), isolation movements, and shorter rest periods focused purely on hypertrophy and aesthetics. While your triple biceps dial set and flye work fit this mold, your program includes far too much maximal-intensity, low-rep, compound-lift focus to be classified this way.[1][2][3]

Why It's Not Pure Powerlifting

Powerlifting centers exclusively on the squat, bench press, and deadlift performed in a competitive format with no aesthetic or conditioning component. Your bench press pyramid (4-3-2-1 rep scheme) mirrors powerlifting-style intensity progression, but true powerlifting programs don't incorporate martial arts forms, high-rep neck work, or HYROX-style conditioning circuits.[4][5][3]

Why Strongwoman Fits Better Than Either

Strongman/strongwoman training "emphasizes comprehensive body movement and incorporates various energy systems," unlike powerlifting's narrow focus on three lifts. It also treats cardiovascular fitness as integral rather than incidental. Your inclusion of side press, bent press (both classic strongman/odd-lift movements), box jumps, and treadmill conditioning aligns directly with this broader athletic model.[6]

Why "Strength & Conditioning" Is the Best Overall Label

Category	Fits Your Routine?	Why
Bodybuilding	Partial	Arm/chest isolation work matches, but lacks pure hypertrophy focus [1]
Powerlifting	Partial	Bench pyramid matches, but missing squat/deadlift and competition format [4]
Strongwoman	Strong match	Side press, bent press, and mixed energy systems align closely [6]
Strength & Conditioning	Best match	Combines max strength, conditioning, mobility, and skill work under one umbrella

Your program's real identity comes from combining maximal strength phases (bench pyramid, side press) with metabolic conditioning (HYROX, box jumps, treadmill), skill-based training (Chun Kuk Do, Wing Chun, forms), and recovery practices (yoga, Pilates, mobility work). This multi-system approach is characteristic of a **hybrid strength & conditioning athlete** rather than someone training for a single-discipline sport like bodybuilding or powerlifting competition.[2][3]

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GIRLS OF HYROX STICKS OUT THEIR TONGUES

If you mean the facial expression in HYROX photos or videos: athletes—women and men—may stick out their tongues during all-out effort, while catching breath, joking with a camera, or celebrating. It’s common in intense fitness settings and usually signals exertion or playful energy, not a special HYROX technique.[11][12]

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1. https://www.puregym.com/blog/strength-vs-bodybuilding/
2. https://nfpt.com/differences-in-training-protocols-and-adaptations-power-lifting-bodybuilding-and-general-weight-training/
3. https://blog.nasm.org/powerlifting-vs.-bodybuilding-spot-the-difference
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